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Disturbing 'sexting' trend

Dozens of local cases investigated involving youth sending out sexually explicit text messages **PAGE 3**

GO FROM FLAB TO FLAT

WANT A BELLY YOU'D BE PROUD TO SHOW OFF THIS BEACH SEASON? HERE'S A TIP: KEEP THE BANANAS AND NUTS TO A MINIMUM **PAGE 12**



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Danielle Kendall is seen competing in a relay race for the University of Calgary Dinos track team in this photo provided by the school Monday. The 22-year-old was killed over the weekend while trekking on a volcano in Ecuador. DAVID MOLL/CONTRIBUTED

U of C track star killed ice climbing

Tragedy. Incident in Ecuador happened a week before 22-year-old was due to attend her graduation

Danielle Kendall was supposed to cross the stage next week and receive her engineering degree from the University of Calgary.

Instead, her family hastily made travel arrangements to Ecuador to claim the 22-year-old's body after she was killed in a high-altitude climbing accident on Sunday.

"Danielle was amazing and supportive. She was always there for everybody," said Kelsey Lotwin, Kendall's track and field captain on the

U of C Dinos team.

Kendall was climbing in a group of eight on the Cotopaxi volcano at an altitude of roughly 5,400 metres when she was struck and killed by a falling "chunk of ice the size of a car," according to the Ecuadorian news website andes.info.ec.

Friends said Kendall recently finished a degree in chemical engineering, minoring in petroleum engineering, and had already lined up a job in her field. She was also described as a dedicated athlete, and a key member of the Dinos track team.

"She was a strong component in our team's success," Lotwin said. "She was one of the most hard-working athletes on the team."

Danielle Parrish, another teammate of Kendall's, de-

scribed her as an incredible woman.

The University of Calgary confirmed Kendall's death in a statement Monday afternoon, offering condolences to her family. She had recently completed a run with the school's track-and-field team, helping two relay teams to top-three finishes at the Canadian Interuniversity Sport national championships.

Kendall had also maintained a 4.0 grade-point average, earning multiple scholarships from the Schulich School of Engineering.

Kendall suffered injuries to her head after being struck by the ice, reports said. Officials with the Canadian Embassy did not return requests for comment Monday afternoon. **ALLISON PARDER/FOR METRO**
WITH FILES FROM JEREMY NOLAIS

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freedom look like?
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Restructuring. Meeting hears more concern over disability- funding cuts

There's been more concern voiced about the Alberta government's plan to cut about \$42 million from certain programs for the developmentally disabled.

About 200 people turned out at a public forum in Calgary with Frank Oberle, associate minister of services for people with disabilities.

They criticized what they said was the province's lack of communication about cuts to community-access programs and questioned whether the government has thought through the changes.

Oberle said the province will not cut services to people who need them.

Linda Wiebe told the minister the burden is being placed on parents. "Physically we as parents can't do it ourselves," she said at the meeting Monday. "We're already at the point where we are drained."

On Friday, 1,000 demonstrators rallied at the Alberta legislature to demand Premier Alison Redford reverse the planned reallocation of funds.

Funding for the developmentally disabled was actually increased in the March budget by \$5 million to \$691 million. But the government is restructuring how the money is allocated to focus more on clients and less on agencies that serve them.

Changes are supposed to go into effect July 1.

THE CANADIAN PRESS

'Sexting' cases prompt stern warning for parents

Investigations.

Tech-related abuse of youth on the rise, city officials say



JEREMY NOLAÏS

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Police have investigated a dozen cases in Calgary this year alone involving youth who were engaged in "sexting," an activity school and health officials warned Monday can have devastating repercussions.

Nancy Lukey, a system principal with the Calgary Board of Education, said she watched one day as an inappropriate text message quickly bounced between dozens of cellphones of kids seated in a cafeteria at a city school.

"We're talking about a couple of hundred kids," she said. "It's instantaneous that it's out there."

Police conceded on Monday that it's likely that the cases they've been made aware of — where a youth is coping with continuous torment or exploitation after offering up an explicit text message or image of themselves — represent only a small fraction of those youth suffering, and many more are simply too embarrassed to come forward.

But acting Sgt. Kathy Macdonald with the police cyberbullying team said it's important



Nancy Lukey, left, with the Calgary Board of Education, seen with Richard Svoboda from the Calgary Catholic School District on Monday, say there's "raised responsibility" among educators to notify parents of children who may be experiencing abuse online. JEREMY NOLAÏS/METRO

to notify authorities, as there are ways to pull demeaning images and videos from the web.

Still, Macdonald said preventing such a mistake in the first place is always best.

"As soon as you give those kids a smartphone, talk to them about the photos and videos, because those are very powerful devices," she said. "It's just one click away from them being out in the wild."

Lukey and Richard Svoboda, a director with the Calgary Catholic School District, said school boards have continuously ramped up their own online safety awareness efforts

High-profile Canadian cases

- B.C. teenager Amanda Todd, 15, took her own life in October after she exposed her breasts on a webcam to a man and then faced months of torment. Prior to her death, Todd posted a video on YouTube in which she stayed silent but displayed flash cards detailing

the abuse she'd faced.

- Nova Scotia resident Rehtaeh Parsons, 17, died after a photo of her allegedly being raped at a house-party circulated online. Parsons was intoxicated at the time and had little memory of the incident.

with the proliferation of technology.

Nowadays, tech safety is incorporated into the sexual-education curriculum and whole

parent seminars are devoted to best practices when it comes to monitoring a child's activities online and broaching difficult topics related to sexuality.

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Five key goals. Arts Plan draft goes up for review

Arts organizations, advocates and average Calgarians have had a hand in creating a draft master plan for the arts that will now be reviewed by council members.

For the past year, Calgary Arts Development (CADA) has been working to construct Calgary's Art Plan.

"What we're really aiming to do is ensure no matter who you are, your support for the arts will go further through increased collaboration and a sharper focus on the future," said CADA president and CEO Terry Rock.

Between now and February

Have your say

To review the draft of Calgary's Art Plan and to provide feedback, visit artsplan.ca, or follow #yyccartsplan on Twitter.

2014, Rock said they will focus on how to achieve five key goals such as making Calgary an artist incubator and creating a downtown arts district.

The plan comes before the community and protective services committee Wednesday beginning at 9:30 a.m.

KATIE TURNER/METRO

Pilot survives

Helicopter crashes near Grande Cache

A helicopter pilot is in hospital with non-life-threatening injuries after his aircraft crashed in wooded, hilly terrain in western Alberta.

A spokesman with Calgary-based Gemini Helicopters Inc. says it received a call from the pilot after the small Robinson R-44 went down east of Grande Cache on Monday morning.

Staff in another aircraft managed to rescue the pilot and took him to a nearby site, where he received first aid.

Investigators are working to determine the cause of the crash. **THE CANADIAN PRESS**

Friends, family rally to fund mom's cancer treatments

Vancouver. Calgarian flies to B.C. every week for naturopathic treatments



KATIE TURNER
katie.turner@metronews.ca

Michelle Lister is doing everything she can to fight for her life, and friends and family are fighting alongside her.

The 41-year-old mother of three has been battling what began as breast cancer in 2010 and has since spread to her bones, lungs and liver.

Since January, Lister has been undergoing a naturopathic treatment, which uses heat to control and treat tumours, in conjunction with chemotherapy.

The treatment, however, requires her to fly to Vancouver once a week and those costs aren't covered by health care.

To raise money for Lister's



Michelle Lister is seen here with her husband, Davin Ala, and their daughters, from left, Adrienne, Ciarra and Mikaela. Lister flies to Vancouver weekly for naturopathic cancer treatments. CONTRIBUTED

continued care, friends are hosting a fundraiser June 8 at the McKenzie Lake Community Association.

"She's fighting so hard and she wants to live so much that it makes it easy to fight for her," said Evan Polowick,

Cost

\$7,000

Lister said the treatments, flights and supplements are costing about \$7,000 per month.

who's raising money and shaving his head for the cause.

While Lister won't know how effective the treatment has been until her next scan at the end of June, she said she knew she had to at least try.

"I feel like I've only got one kick at it and I want to fight this as hard as I can," she said, her voice wavering.

"I've always said at the end of the day, I want to know that I gave it my all."

Tickets for the Michelle Lister Fundraiser can be purchased for \$35 by contacting Saadia Stainsby at stainsby@cirrealty.ca.

The event kicks off at 6:30 p.m. and all proceeds will go directly towards Lister.

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Rail-yard worker killed on the job

Ogdendale Road. Man slipped from ladder on rainy morning, fell under moving train car

Authorities are investigating after a rail-yard worker was killed on the job in southeast Calgary Monday morning.

The incident happened around 7:30 a.m., when work-

ers were using a loader to move rail cars, said Lisa Glover, a spokesperson with Alberta Occupational Health and Safety (OHS).

"One worker was attempting to descend a ladder on one of the moving cars in order to engage a hand brake, when he lost his footing and slipped under a moving car," she said.

Glover said OHS investigators are looking into whether

rain played a factor in the 57-year-old man's fall.

Calgary police and an investigator with the Transportation Safety Board of Canada were also deployed to the scene of the incident.

CP Rail police were also dispatched as a matter of protocol, even though the man who died was an employee of Arrow Reload Systems Inc. and the incident happened on that company's property, located in the

6300 block of Ogdendale Road SE.

"We do have a track that does connect to our property to service the customer," CP Rail spokesman Kevin Hrysak said.

Arrow Reload Systems didn't reply to requests for comment from Metro on Monday.

On its website, the company states that safety "is a way of life" on all its job sites.

ROBSON FLETCHER/METRO



Occupational Health and Safety officers investigate the site of fatal workplace incident in southeast Calgary Monday morning. ROBSON FLETCHER/METRO



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Heavy rain? No problem for Spruce Meadows

Everything is right as rain at Canada's premier show-jumping venue, despite a heavy downpour just before a big international competition.

Spruce Meadows is hosting the top riders and horses from Canada, the U.S. and Mexico this week at the opening event of the facility's summer show-jumping series.

The amount of rainfall recorded in the Calgary area in

May was more than double the norm of 51 millimetres and June has started no differently.

"It's the June monsoon. It's one of those things — if you stood outside most of June for the last four decades, you realize that it is very wet," said Ian Allison, senior vice-president of Spruce Meadows.

Allison said new sod, with advanced drainage, was installed in the international ring

last fall and he isn't anticipating problems. He said a Kentucky fescue blend was put in, the size of five football fields, at a cost of about \$250,000.

"Technology has changed. We've put a tremendous amount of time and learning into understanding the drainage, the soil composition and a subsurface draining system here," Allison said.

THE CANADIAN PRESS

Impaired operation

Woman charged in fatal ATV crash

The 41-year-old female operator of one of two ATVs involved in a fatal collision early Sunday is facing charges including impaired operation of a motor vehicle causing death, RCMP said Monday.

RCMP said the woman was taken into custody after a minor altercation with officers who were getting her off of the ATV.

METRO

Fish Creek Park. Mountain bikers to get 3.5 acres

Mountain biking is going legit in Fish Creek Park — the province has designated a 3.5-acre section after some enthusiasts had previously built jumps and other elements illegally.

"By designating a park area, and getting all of those kids to come over and teaching them how to build properly, then we mitigate all those risk factors of illegal building," said Richard Link, president of the Calgary Mountain Bike Alliance.

The first section to be constructed is a "pump track," which Link described as a small, windy course in which riders aim to make it through without pedalling.

"It's a big win for basically all the stakeholder groups and the folks using the park," said Richard Starke, minister of tourism, parks and recreation.

The pump track is expected to open in August.

ROBSON FLETCHER/METRO

Over 100 die in blazing slaughterhouse

China. Frantic workers trapped inside plant with only one way out

Fire swept through a poultry-processing plant in northeastern China on Monday, trapping workers inside a slaughterhouse with only a single open exit and killing at least 119 people in one of China's worst

industrial disasters in years.

Survivors described panic as workers, mostly women, struggled through smoke and flames to reach doors that turned out to be locked or blocked.

The accident highlights the human cost of China's lax industrial-safety standards, which continue to claim workers despite recent improvements.

Dozens were also injured in the blaze in Jilin province's

Panic and grief

"I could only crawl desperately forward.... I worked alongside an old lady and a young girl, but I don't know if they survived or not."

39-year-old worker Guo Yan, as quoted by the official Xinhua News Agency

Mishazi township, which appeared to have been sparked by three early morning explosions, according to the official

Xinhua News Agency. The provincial fire department attributed the blasts to an ammonia leak. **THE ASSOCIATED PRESS**



Medical staff wait near a poultry-processing plant that was engulfed by fire. **THE ASSOCIATED PRESS**

What does your freedom look like?

Turkey. White House calls on police and protesters to refrain from violence

The Obama administration voiced concern Monday over Turkey's crackdown on protesters and urged all sides to keep from violence.

Spokesman Jay Carney said all democracies have to work through issues but expects the U.S. ally to do so while respecting its citizens' rights.

Police in Turkey have used tear gas for a fourth day to disperse demonstrations that have spiralled into the country's biggest anti-government

disturbances in years.

Secretary of State John Kerry, who has travelled to Turkey three times since becoming America's top diplomat, said the U.S. is following the situation closely and is troubled by reports of injuries and excessive force by police.

Earlier, Turkey's president defended the right of citizens to protest, in contrast to the dismissive stance of the prime minister.

THE ASSOCIATED PRESS



Turkey's Prime Minister Recep Tayyip Erdogan on Monday again dismissed street protests as a passing move by extremists. **THE ASSOCIATED PRESS**

Cambodia

Violence persists at Nike factory

Cambodian police clashed Monday with factory workers that make clothing for Nike, arresting seven, in the latest strike violence, said union and rights figures.

The protest at the Sabrina (Cambodia) Garment Manufacturing plant began May 21 when workers demanded their salaries be raised to \$88 per month from \$74.

The strike has seen violence before. Police allegedly used force when workers blocked a main road on May 27, reportedly causing two workers to miscarry. **THE ASSOCIATED PRESS**

Cyberattacks

Canada tells China to restrain hackers

Defence Minister Peter MacKay said he laid down clear "markers" Monday on how to curb cyberattacks originating in China.

MacKay told his counterpart in Beijing that Canada expects China to play by a "rules-based framework."

He said he was hopeful that there could be a "correction" in the cybersecurity threat if China is continually pressed by a variety of sources.

MacKay was non-committal when asked whether he believes the government is participating in the hacking. **THE CANADIAN PRESS**

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Ottawa to fund anti-bullying program

'Important and timely.' Feds, Red Cross partner for initiative aimed at protecting youth after recent teen suicides



JOE LOFARO
Metro in Ottawa

The federal government announced funding for a program aimed at eliminating bullying among youth, after recent teen suicides have sent educators and parents looking for ways to protect young people.

Heritage Minister James Moore announced support for a Canadian Red Cross anti-bullying

A life cut short



Jamie Hubley had been a figure skater, and the only openly gay student at A.Y. Jackson High School in Kanata, Ont., a suburb of Ottawa.

ing initiative called "Stand Up to Bullying and Discrimination in Canadian Communities." Moore made the announcement with Laureen Harper and Ottawa councillor Allan Hubley at A.Y. Jackson High School in Kanata, a suburb of Ottawa. Hubley's 15-year-old son Jamie attended the school before he

took his own life in 2011 after being bullied for being openly gay.

Moore said the government is partnering with the Red Cross, which will train 2,400 youth between the ages of 13 and 17 who will deliver in-class workshops to other youth across Canada.

Hubley called the project "important and timely" in light of the recent suicides of Amanda Todd and Rehtaeh Parsons.

"Canadians such as my family have paid too high a price and want meaningful progress before other families must carry the burden of losing someone special like my boy, Jamie, who only wanted safer communities for everyone," said Hubley.

VIA Rail plot

Suspect can't find lawyer who'll use Qur'anic defence

A terror suspect charged in an alleged plot to attack a VIA Rail passenger train is having difficulty finding a lawyer who will try convincing a court to judge him against the Qur'an.

Chiheb Esseghaier appeared in a Toronto court via video link on Monday to discuss his attempts to find legal aid representation — a process that has so far been unsuccessful due to the specific and unusual demands he has made.

"I want that the lawyer help me to change the reference of my case from the laws used by humans to the laws of the holy book," he told the court. "I cannot take a lawyer who is not able to fulfil my need."

When asked by the presiding justice of peace if he fully understood the proceedings, Esseghaier, who was wearing an orange jumpsuit and sported a full beard, said he did.

THE CANADIAN PRESS

Report. Sleep conditions still causing infant deaths

The rate of infant deaths associated with unsafe sleep environments hasn't changed despite increased awareness, according to a report released Monday.

Of the 131 infant deaths studied by Ontario's Office of the Chief Coroner last year, 37 per cent were found in unsafe environments, according to the report of the Paediatric Death Review Committee and Deaths Under Five Committee.

The children died with no

findings on autopsy, but were in an unsafe sleep environment, said Dr. Dirk Huyer, the committees' chairman.

"What we don't know is whether that directly caused the death, or whether it's specifically associated with it," he said. "But we do know ... epidemiologically and through study that children have a greater risk of dying in unsafe sleeping environments."

THE CANADIAN PRESS

Soccer turban ban. Sikhs 'can play in their backyard'

The Quebec Soccer Federation says if Sikh kids want to play soccer while wearing a turban, they can play in their own yard.

Brigitte Frot, the director general of the federation, was asked Monday what she would tell a boy in a turban who shows up to play soccer.

"They can play in their backyard, but not with official referees, not in the official rules of soccer" Frot replied.

Quebec referees began

cracking down on the religious headgear in the last year. The weekend decision to uphold the ban was upheld despite a directive from the Canadian Soccer Association in April calling for provincial associations to allow them.

Quebec is the only province that has balked at allowing turbans on the pitch. An estimated 100 to 200 children are left unable to play as a result.

THE CANADIAN PRESS



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CRTC cracks the dreaded 3-year cellphone contract

Wireless code. Telecom regulator's new national standards let customers cancel agreements after 2 years without penalties

Cellphone customers will be able to walk away from their contracts after two years without any early cancellation penalties under a set of new rules unveiled Monday by the CRTC.

But the Canadian Radio-television and Telecommunications Commission didn't go as far as an outright ban on the controversial three-year contracts that are so widely hated by many Canadians.

Instead, customers will only have to pay the remaining value



In the lead-up to public hearings held this year on the new wireless code, the CRTC said it heard a lot of angry comments about three-year contracts.
GETTY IMAGES FILE

of the device subsidy if they opt out of their contracts after two years. That means if a customer bought a \$600 phone for \$99 on a three-year plan, they only have to pay the remaining bal-

ance on the device itself to get out of the contract early.

"We didn't focus on the length of the contract, we focused on the economic relation," CRTC chairman Jean-Pierre Blais said in an interview.

"So, in effect, it's equivalent to those asking for a ban of a three-year contract without us actually banning three-year contracts, because what we're saying is the contract's amortization period can only be for a maximum period of 24 months."

The code will apply to new wireless contracts beginning Dec. 2. As part of the code, the CRTC is also capping extra data charges at \$50 per month and international data roaming charges at \$100 per month.

THE CANADIAN PRESS

London

Judge restricts protests after fur flies at Gaga event

A British judge has limited protests outside London department store Harrods after management complained that Lady Gaga fans were disturbed by anti-fur campaigners during an appearance last October. The judge said protesters caused "nuisance, annoyance and harassment" to people attending an event at which the singer appeared.

THE ASSOCIATED PRESS

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↑	OIL \$93.45 US (+\$1.48)
↑	GOLD \$1,411.90 US (+\$18.90)

Natural gas: \$3.99 US (+1¢)
Dow Jones: 15,254.03 (+138.46)



Glazed and confused

Is it a dessert? Is it a brunch food? Is it really such a good idea? Dunkin' Donuts is adding this doughnut breakfast sandwich — that is, fried eggs and bacon between a split glazed doughnut — to its U.S. menu this week. The sandwich clocks in at 360 calories, which is less than the 390-calorie turkey sausage sandwich the chain recently introduced for people looking to eat better.

JAMES SCHERER/DUNKIN' BRANDS INC./THE ASSOCIATED PRESS

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PUTTING THE 'PRO' IN PROM

It's prom season.

I haven't set foot in a high school in almost a decade and yet I can't help but notice the increasing buzz of excitement in the air as teenagers across the country anticipate their iconic end-of-year dance.

Prom is an important rite of passage for young adults and a climactic moment in everybody's high school career — at least according to every single teen movie ever made.

When it comes to coming-of-age stories, corsages tend to get much more screen time than diplomas.

For high school seniors, prom night is essentially a smaller, less expensive version of a wedding reception.

There's the big dress, the cheesy DJ, the posed photos and the overwhelming expectations that are bound to leave you disappointed. These semi-formals have become so much like weddings that it's not even enough to just go to prom any-



SHE SAYS

Jessica Napier

metronews.ca

more. You have to be "promposed" to.

While it might have been good enough in the past to simply corner your crush by their locker after class and ask them to the dance, today's teens are planning elaborate romantic gestures in order to secure a date to prom.

A quick YouTube search shows about 150,000 videos claiming to be the "Greatest Promposal EVER."

From subtle messages scrawled on coffee cups to over-the-top flash mobs set to Justin Bieber's greatest hits, adolescent boys and girls are pulling out all the stops to pop the question to their would-be prom date. Stunts might range from obnoxiously outrageous to sweetly sentimental but they do have one

thing in common — every moment is documented thoroughly on social media.

This is the Tumblr generation after all; did it even really happen if no one was there to Instagram it?

Of course, it's only worth the effort and embarrassment if you're guaranteed to get the yes, which is why most promposals are between high school sweethearts who are coupled up already.

With teenagers' penchant for drama and insatiable appetite for attention, it's hardly surprising that a simple question has evolved into its own engagement-like ritual. But isn't it all maybe a bit too much?

The pressure to find a prom date is bad enough; these new expectations involving intensely passionate (and public) campaigns are an additional level of stress that senior students don't really need — especially around exam time.

Personally, I'm thankful that none of these shenanigans existed in my high school days.

I'm sure I would have spent weeks scrolling through #PROMPOSAL content alone in my bedroom and feeling disappointed that no one wanted to fill the school cafeteria with helium balloons for me.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Nice to moss, er, I mean, meet you



PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Spanish man has found the ground

They look like do-it-yourself Halloween costumes but these moss-made outfits are in fact a part of a Spanish tradition dating back to the 12th century. The Procession of the Hombres de Musgo in

the town of Bejar originates from a time when Christians reconquered the town from Muslim guards by camouflaging themselves in moss.

Legend has it that a group of Christian men used moss, which grows in abundance there thanks to the region's

moist climate, as material for outfits to frighten Muslim guards.

At night, the moss-covered men slipped through the town gates and startled the guards, who thought the men were monsters. Fearing for their lives, the Muslim rulers fled the town forever. **METRO**

More spores

20 kg

20 kilograms is how much a moss costume weighs. However, rain would make this moisture-absorbing garment considerably heavier. Only six local townspeople are called upon every year to be one of the Moss Men.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Vine users meet VineTune: Where Crowdsourcing meets Auto-Tune meets Twitter meets Vine meets a new way to procrastinate. If creating and sharing your six-second videos with your Vine pals isn't enough, you can now up your digital cred by having your gif-like videos be a part of indie bands' music videos.

Each month, the folks at VineTune (designers from London, U.K.'s Beattie McGuinness Bungay ad agency) chose a relatively unknown song and create a music video using Vine vids.

As the song plays and the lyrics scroll across the top of the screen, the six-

second videos with the same hashtag play. Sounds confusing? See for yourself (and add your own) at vinetune.com.

Don't have Vine yet? Google Play released it this week, while 13 million iPhone users have been Vine-ing for the past five months.



Twitter

@metropicks asked: @pmharper was criticized for tweeting a partisan pitch asking followers to sign up for the Conservative party's newsletters. What do you want him to tweet about?

@FrenchmanCanada: He should #LT an episode of his favorite show. I'd love for it to be Duck Dynasty or The Bachelorette.

@J8780: What Nigel Wright told him as to why he felt he needed to write Mike Duffy a \$90,000 cheque.

@KRam41: re Harper tweets: It's a fine line I guess.. He tweets abt animals & gets flack, tweets abt party and same result.

@MikeGormanHFX: What sort of masonry cement does he use for his hair?

@hserapsayv: No tweets of Harper interest me (yawn) .. The minister of Canada should tweet on national issues not partisan issues

that said is Harper really working for Canada or just the conservatives am his own agenda?

@SELLiott : I'd like @pmharper to tweet about parenting while being PM. Show us he's human.

@awanderingsky: The #pmo should handle the meaningless info tweets. @pmharper is missing out by not directly engaging the people.

@LondonComp: Let him tweet whatever he wants, if you don't like it don't follow him. All the other politicians tweet about their party.

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WE WANT TO HEAR FROM YOU:

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Finding the meaning of life on death row

The Killing. Peter Sarsgaard's role as a sinister inmate who killed his wife has him thinking about the morality and ethics of the death penalty

MATTHEW PRIGGE
Metro World News in New York

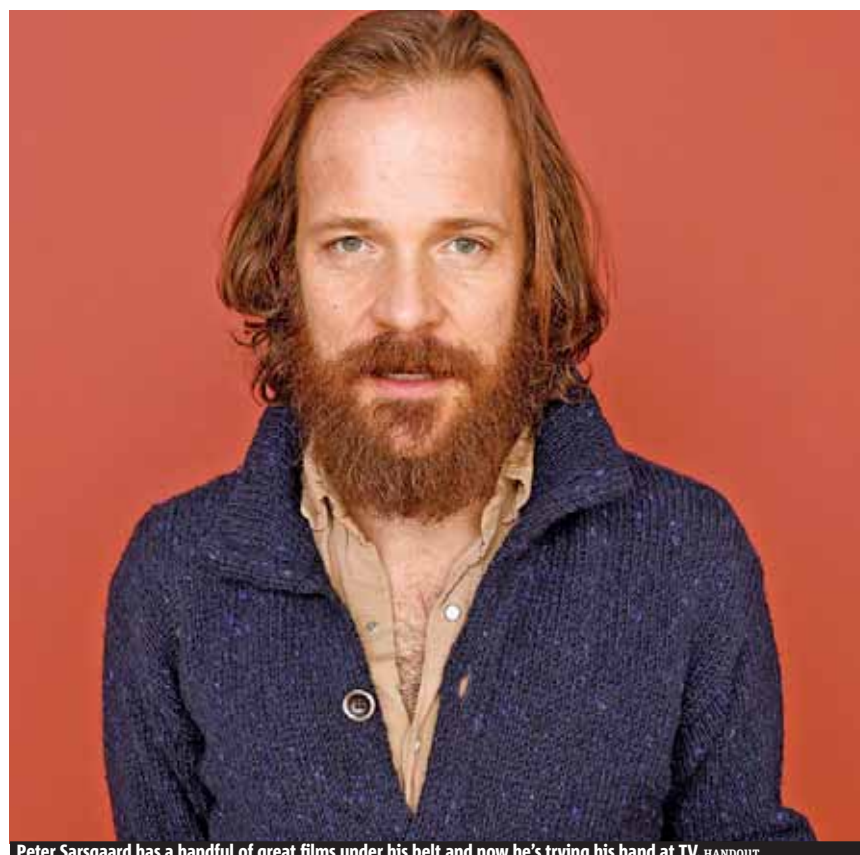
The third season of AMC's crime procedural *The Killing*, which premiered Sunday, has a new storyline and some new cast members. Among the neophytes is Peter Sarsgaard, a talented actor who's been among the best things in *Boys Don't Cry*, *Garden State*, *Shattered Glass* and *An Education*. In his first season-long television stint — which he was still shooting when we talked — Sarsgaard plays Ray Seward, a sinister death row inmate who killed his wife.

What are the challenges of playing a death row inmate?

So much of my story takes place in the same spot. In a lot of movies, there's the car chase, the scene at breakfast, the sex scene. This is about always going to the same cell. You have to find ways of doing a different dance on the same dance floor.

Were those challenges what drew you to *The Killing*?

Those, and also because



Peter Sarsgaard has a handful of great films under his belt and now he's trying his hand at TV. HANDOUT

the issues interested me. I'm very much against the death penalty. It's very easy to do a piece about someone who's been railroaded by the system who's innocent. If you don't believe in the death penalty, you have to take an extreme circumstance — someone who's indefensible — to see

if it still applies. Otherwise, the death penalty applies in some cases.

What made you want to work on TV?

Just this show. I always really liked this show. I thought this material was better than some of the film stuff I was being offered. It seemed

there was more of a role there.

There's much less of a fear these days for serious actors to do TV.

So many of my favourite actors are on television. So, if you want to act with them you have to be on television.

DVD reviews



A Good Day to Die Hard

Director: John Moore

Stars: Bruce Willis, Jai Courtney

The *Die Hard* series sells the lone wolf concept — Willis vs. global terrorists — yet deep down, it's really about family reunification. Good thing, too, because the violence gets old fast. The thump-thump-thump of the heart may be hard to discern behind the rat-tat-tat of machine gun fire, but the love has always been there. *Die Hards* 1-3 sought to return cowboy cop John McClane (Bruce Willis) to the shaky embrace of his wife (Bonnie Bedelia); the fourth film, *Live Free or Die Hard*, had McClane rescuing his adult daughter (Mary Elizabeth Winstead). Now comes chapter five, *A Good Day to Die Hard*. It moves the divorced and retired McClane to Moscow while reuniting him with his son Jack (Jai Courtney of TV's *Spartacus: Blood and Sand*). Willis and Courtney make a strong match, believable both as fractious family members and also as sarcastic adversaries forced by circumstances to work together. The family that yippee-ki-yays together, stays together.

PETER HOWELL



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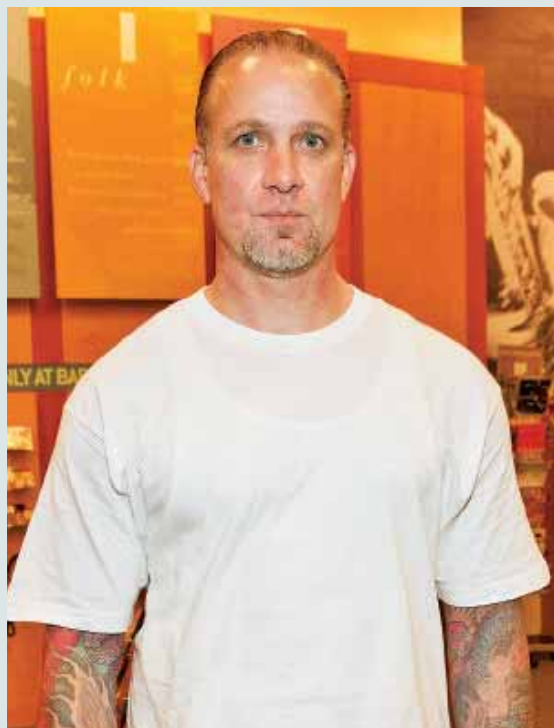
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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Will Arnett ALL PHOTOS GETTY IMAGES

Will to live, happily: Arnett pumping some iron post-divorce

Arrested Development star Will Arnett found a very healthy and productive way to deal with his split from ex-wife Amy Poehler: hitting the gym. "If going to the gym obsessively for eight, nine months was my way of dealing, then let that be my worst problem," Arnett tells Details magazine. "Life is challenging, and I'd say that there's no guidebook — but there's about a million

guidebooks out there. All people have been doing since the dawn of time is trying to figure out how to live this life and be happy. I'm no different." As looking for romance post-divorce, Arnett says he's not quite ready. "I'm not officially dating," he says. "I don't know what you do. Do you put out an announcement in the trades? 'I'm dating!' It all seems very scary to me, to be honest."

Stewart's split isn't going to stop her from socializing

Kristen Stewart isn't letting her break up from Robert Pattinson keep her from having a social life. The Twilight starlet attended the wedding of her Catch That Kid co-star, Max Thieriot, over the weekend, according to E! News. Thieriot, who has remained pals with Stewart since making the 2004 teen caper, married Lexi Murphy Saturday. Sources say Stewart wore a sleeveless black dress and sunglasses and mingled with other attendees.

Jesse James' teen daughter heads to rehab



THE WORD
Dorothy Robinson
scene@metronews.ca

Jesse James' daughter, Chandler James, 18, checked into rehab in April to battle her addiction to crystal meth, RadarOnline.com revealed yesterday. The site published troubling photos and video of Chandler, 18, inhaling crystal meth off of aluminum foil.

"It is an open secret here in Austin that Chandler and her friends party hard and get wired," said the "friend" who sold the video to Radar. "It was getting pretty out of hand. If she didn't get help, who knows what could have happened." Chandler also apparently has a problem with "huffing."

James confirmed the news to Radar: "My daughter spent the month of April in a treatment facility getting help for addiction," James told RadarOnline.com, via email.

"She is out now and in recovery, actively participating in a 12-step AA (Alcoholics Anonymous) program."



Hard to counsel a family without the folks

Lindsay Lohan was hoping to get some family counselling in while under treatment at the Betty Ford Center, but it looks like that plan is off since neither her mother, Dina, or her father, Michael, could make it to the planned session over the weekend, according to Radar Online. "I didn't want a confrontation with Dina while Lindsay is in rehab," Michael tells the site. "I've decided to go home and see my baby." Lindsay, meanwhile, is not



Lindsay Lohan

taking too well to her time at Betty Ford, even with one of her three months of treatment under her belt. "She hates being at Betty Ford," a source says.

Twitter



@mindykaling

The Tesla is cool but I've always thought of it as kinda for dudes and also I can't afford it. I love the maybach but I need an entourage.



@ChloeGMoretz

Waking up before dawn, oh summer sunlight, it's light till 11 then light at 4



@JuddApatow

People think it is wrong to make goofy tweets when there is something awful in the news. There is always something awful in the news.



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LIFE 3

Rules for a summer-flat stomach

Don't be the party pooper that refuses to take their top off all summer. Experts tell us how to get a flat stomach and fast

ROMINA MCGUINNESS
life@metronews.ca



Don't sip your cocktail using a straw

Bet that poolside cocktail was really refreshing and delicious. And that long straw meant you didn't even have to lift your head from the sun lounge in order to take a sip. "Big mistake!" says gastroenterologist Dr. Roshini Raj. "Drinking out of a straw causes you to swallow more air, which can lead to gas and bloating."

De-clog your digestive track

Eating too many nuts and bananas can cause constipation, says Raj. "Nuts are good for you in many ways (they're a rich source of plant protein and omega-3 fatty acids) but the gelatinous form that they take when digested means they tend to stick together and get stuck ... Bananas, especially when unripe, are full of starch, which has been shown to slow down digestion. If you suffer from constipation, stick to eating one a week," she adds.



Work your deep abdominals

"Do 30 minutes worth of cardio exercises, five days a week. This can be anything from jogging and spinning, to treadmill exercises," recommends Michele Olson, exercise physiologist at Auburn University in Montgomery. "You also want to be doing push-ups and planks because your abs fire strongly during these moves in order to stabilize your back. Do two reps of 10 push-ups followed by 10 side planks to each side."

Stay away foods that cause flatulence

Some foods produce more gas than others, making you feel full and bloated.

"Complex carbohydrates, found in some vegetables, including broccoli and cauliflower can cause gas. These foods contain sugars that are passed undigested into the colon where they are broken down by bacteria producing gas as a by-product. ... And if you're in the habit of stirring some Sweet'N Low into your morning coffee, beware. Artificial sweeteners can cause gas to get trapped in your belly," Michele Olson, exercise physiologist at Auburn University in Montgomery, said.

Never, ever skip meals

If you think that skipping meals, taking laxatives or stopping eating altogether is going to do the trick, then think again.

"All this will do is cause you to lose water and electrolytes, leading to dehydration. This then prompts your body to retain water, meaning you'll just pack back on whatever water weight you lost," says Raj.



The flat belly workout

Single Leg Glute Bridge

Lie on your back with your knees bent. Raise your hips and hold that position as you raise and lower your leg while keeping your hips up and level. Do 12 reps then switch legs.



Valslide Upside Down Snow Angel

Place a Valslide (an exercise tool that makes lower body exercises smoother) under each foot and come down into a plank position, with your forearms on the floor. Start with your feet together, then slide your legs open (out) without letting your hips drop. Slide your legs back together to complete one rep. Do 15.



Valslide 1 Arm Slide

Place a Valslide under each hand and get into a push up position. Slowly slide one hand out in front of you, and then bring it back. Then slide your other hand in front of you, and then back. Do 12 on each arm.



Valslide Sliding Crunch

Lie on your back, knees bent with feet in the air and a Valslide under each hand. Slide your hands away, curling your body towards your legs while keeping your arms straight, and your chin tucked in. Do 20.



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Anti-cancer turmeric trumps bread crumbs in pan-fried fish

This recipe replaces traditional bread crumbs with turmeric as a coating for pan-fried fish.

1. Beat egg in a shallow bowl with 1 tbsp of water.
2. Mix turmeric, whole-wheat flour, sea salt and white pepper in a separate bowl.
3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.
4. Warm a large skillet over

Ingredients

- 1 egg
- 1 tbsp water
- 2 tbsp turmeric (or curry powder)
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white pepper
- 1 lb catfish fillets
- 1 tbsp butter
- 1 tbsp grapeseed oil



This recipe serves four. SUBMITTED

medium-high heat and add butter and oil. Quickly add the coated fish.

5. Cook for 2-3 minutes and turn once to cook through for 2-3 more minutes.
6. Set fish onto paper towel to absorb any excess fat. **THERESA ALBERT/MYFRIENDINFOOD.COM**

Health Solutions

Not a spice to sneeze at



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It isn't a new spice by any means, but it could help you prevent cancer.

Turmeric is one of the most widely studied foods for its potential anti-cancer properties.

It has been shown to be anti-inflammatory and cell protective for all kinds of cancers from bowel to prostate.

It is a root that is dried and ground into a powder, which creates that yellow colour in curries.

Ways to work it in:

- Buy it in Asian or Indian markets

whole and grate it yourself for a fresher, more potent punch.

- Sprinkle some pure turmeric on a kitchen cut to stop the bleeding in its tracks.

- Add it to any tomato-based sauce, you won't taste or see it but it will boost the potency.

- Add to spice cakes or cookies.

- Stir into dips.

- Consume curries more often.

- Mix with water and use as a scrub on sensitive skin.

- Take as a supplement.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Baby Kale shines in grown-up steak salad



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Baby kale is the new green on the block.

I prefer these small leaves because they are tender and sweeter than the large fibrous leaves, which have to be massaged when eaten raw.

If baby kale is unavailable, substitute baby spinach or mesclun greens. Substitute steak for grilled chicken, shrimp or tofu.

Ingredients

- 8 cups baby kale leaves
- 1 cup sliced red onion
- 1/2 cup dried cranberries
- 1/2 cup sliced and toasted almonds
- 8 oz grilled top sirloin steak
- Dressing**
- 2 tbsp olive oil
- 2 1/2 tbsp apricot jam
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- Pinch of salt and pepper



This recipe serves eight. SUBMITTED

1. Place kale, onions, cranberries and almonds on serving platter.

2. Mix all of the dressing ingredients together and pour over top.

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Alison Griffiths
money@metronews.ca

I'm mad as hell and ready to kick someone. Actually, I am ready to kick the advisor of a reader named Martin.

Martin is 59, on a fixed income and has little knowledge about investments. Nonetheless, he ended up with a \$150,000 investment loan, which the advisor then used to purchase seven seg mutual funds from two different insurance companies.

Seg funds are like mutual funds with capital guarantees of anywhere from 60 to 100 per cent, with 75 per cent being fairly standard. You must hold them for 10 long years before the guarantee can be activated.

Bear in mind that the guarantee does not cover any growth in the investments, only the money initially invested.

Interestingly, there's no 10-year period since 1950 when the Canadian markets have been negative. Even after the financial crash of 2008/2009



Borrowing to invest is a risky strategy. ISTOCK IMAGES

stocks righted themselves by early 2013. The worst period for the U.S. market was 2000 to 2010 with a minus 3 per cent return for the Dow Jones.

Specific investments, however, including any given mutual fund, can be a 10-year pooch. But if you are only getting a 75 per cent capital guar-

antee and paying for it through elevated mutual fund fees for 10 years, you have to have one terrible fund plus a bad market in order for the guarantee to be

worthwhile.

Back to Martin. Not including borrowing costs, his funds are worth \$17,000 less than he paid for them in 2002. Not

only that but he has considerable duplication in his holdings with two each of balanced, Canadian and global equity funds.

This advisor also persuaded Martin to buy shares of Research in Motion. He's actually made a few dollars here but this was a pure gamble. Borrowing to invest is a risky strategy even if the investments are sound. Buying a single, volatile stock such as RIM is also hugely risky.

Martin's best course of action is to make a complaint to the firm first. His Know Your Client form should indicate level of knowledge and risk tolerance. I'm betting he indicated both were low. Two other complaint venues are the Investment Industry Regulatory Organization of Canada (IIROC) and the office of the Banking and Investment Ombudsman.

Martin's portfolio does not match his situation or temperament and I am hoping he gets some compensation for this terrible advice.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Hold the phone: there's a new way to pay for your coffee

Whether it's buying morning coffee, getting a haircut or purchasing movie tickets, consumers want greater flexibility in paying for goods and services.

The number of credit and debit card transactions continues to increase, however payment with a physical card may soon be a thing of the past. In a connected world where smartphone and tablet usage continues to rise, this presents a shift in the way traditional payments are being accepted.

According to Pivotal Payments, one of Canada's leading payment processing companies, businesses both big and small can have a competitive edge by offering mobile payment options that are flexible and cater to their customers' changing needs.

"We've seen rapid growth of mobile payment applications due to the solution's affordability, security and universality," said Shaun Mc-

Donald, vice president of product and project management at Pivotal Payments. "Mobile payments allow merchants traditionally unwilling to accept credit cards to expand their payment options."

With the use of a small card reader, merchants owning an iPhone, Android or BlackBerry device can easily accept credit cards at a relatively low cost. Some see this as a stop-gap between the use of physical credit cards and mobile wallets. In the case of mobile wallets, a consumer's own smartphone becomes the payment source, with an application that stores their credit card information.

As consumer behaviour evolves and accepts these new technologies, it will usher in a new era of payment processing where an actual credit card may not necessarily be required to make what we now consider a credit card purchase.

NEWS CANADA



The physical card may soon be a thing of the past with more people using mobile wallets. ISTOCK IMAGES

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Yes, the kids are off school but summer time livin' can still be easy

Handy survival tips.

Don't dread having your little ones home for the sunny months, be prepared instead.

Jane Roper, the author of the memoir *Double Time: How I Survived — and Mostly Thrived — Through the First Three Years of Mothering Twins*, knows how rewarding and challenging the summer months with children can be.

And now that her daughters are six years old, she has spent many a warm month keeping both of them occupied. "If you've got preschool or school-aged kids like I do, you may be dreading the end of the school year just a teensy bit," she notes. "But fear not. There are plenty of ways to retain your sanity and have fun in the process." Roper shared her tips



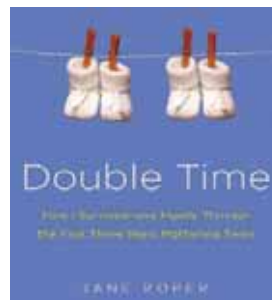
Enrol your kid(s) in a summer reading program this summer. iStock

with Metro.

Just add water

Hot, humid weather makes my children miserable, which in turn makes me miserable.

When temperatures soar, we hit parks and playgrounds with water sprays or wading areas. When the girls were younger, I'd give them bowls, spoons and measuring cups, and let



them "cook" with ice. And if all else fails, there's always ice cream.

Make them read

Almost every public library has some kind of summer reading program — even for the picture-book set. Check out what's available near you, and designate some independent reading time every day. While the kids read, you can dive into your own summer reading. Note: The 50 Shades tril-

ogy is probably not advisable. ("What's your book about, Mommy?")

Be a tourist

Summer is a great time to explore your own backyard — the parks, museums and attractions you don't normally get to explore. Schedule a weekly "field trip" to someplace within an hour's ride or drive that you and/or your kids have never been before.

(This includes exotic new malls and movie theatres if you're craving air conditioning.)

Swap

Set up a regular play date exchange with a friend: their place this Friday afternoon, your place the next. If you're so inclined, bring a bottle of wine or other treat for the host when you pick up your kids. Especially if yours, like mine, are, er ... "spirited." **METRO**

Tough-love parenting book from tough-guy actor

Q&A. Sopranos regular Steve Schirripa talks being a strict, loving, daddy, but one who's wary of his 'cunning' teenage daughters

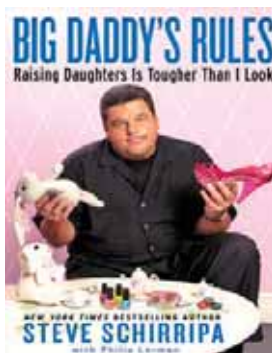
ALEXANDRA CAVALLO
Metro World News in New York City

On *The Sopranos*, Steve Schirripa played a hotheaded, loud-mouthed guy. As a father, he's pretty much that same guy. He wrote *Big Daddy Rules* as a love letter to his two daughters.

"I guess I don't always tell them how I feel," he says. "I yell a lot. I'm pretty strict, and also I've got a lot of opinions, and I wanted to put them all together in a book."

What are the rules?

The first rule is, I make the rules. I'm your father, not your friend. But I'm the best friend you're ever going to have because nobody is going to care about you the way I care about you. The four greatest words



in the world are "because I said so." That's why you can't go to the party where they're serving beer. Parents don't want to tell their kids "no" anymore.

What's the hardest part about raising girls?

A boy, you give them a ball, you give them a Lego, they're fascinated. Girls are smart, they're cunning, they're calculating. They bat their eyelashes, they manipulate you.

What's an uncomfortable situation, as a dad?

My daughter dated a boy

when she was 16, and I think I made a mistake there. I don't think she was emotionally ready. I was reluctant. I would not make that mistake again.

Do you really think you could have stopped her?

I hear what you're saying. I can't control everything they do, and I don't try to, but I want to be present whether I'm there or not. I want them to think, "What would my dad think about this decision I'm about to make?"

Were you strict with letting them watch TV?

I am still! I hate that reality crap. I saw them one day watching *The Jersey Shore* and I said I never want to see that again, ever. It's complete garbage. You think this is for real?

What's your best advice for a new dad?

I think the best thing is to be present. Get in there; get your hands dirty. Be involved. You know, in every movie, every TV show, the dad's an idiot. Don't be an idiot. Take charge, change a diaper, help.

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Federkeil back in line for big-league gig

Training camp. Former Dinos standout and NFL pro lineman launching comeback at home after three-year hiatus

When concussion symptoms forced Dan Federkeil to retire from the NFL's Indianapolis Colts in 2009, he was sure his football career was over.

The offensive lineman from Medicine Hat returned to Calgary where he'd starred for five seasons with the University of Calgary Dinos. Federkeil was able to complete his economics degree as his headaches waned.

His desire to return to the football field aligned with the Calgary Stampeders' acquisition of Federkeil's CFL rights from the Toronto Argonauts this year. He reported to Calgary's rookie camp and is now auditioning for a job at left tackle at main camp.

"I think one of the main problems was how I went out," Federkeil said Monday at McMahon Stadium. "It wasn't on my terms. It's just not a good way to go out, having an injury and knowing you have the potential for more and it's just done."

Federkeil played 28 regular-season games, started three



Dan Federkeil played right tackle for the Colts in the NFL, but is lining up on the left side at Stampeders camp. The 29-year-old is a physical specimen at six-foot-six and a muscular 300 pounds. JEFF MCINTOSH/THE CANADIAN PRESS

and also started in a wild-card playoff game in 2009 during his four seasons with the Colts. The Medicine Hat High School product earned a Super Bowl ring in 2007.

He played on the Dinos defensive line and in 2005 was a finalist for the J.P. Metras Trophy that goes to the top line-

man in Canadian university
football.

Federkeil was drafted in the first round by the Argos in 2006, but signed with the Colts as a free agent that year and switched to the offensive line.

He had suffered a concussion during his university career and then experienced a couple more with the Colts when he was on the field for kickoff returns. Debilitating headaches forced him out of the game.

"At that point, with the symptoms I was having, the decision was fairly easy from

a physical point of view," he said.

Federkeil says it was 14 months before he could return to the gym, but he's been symptom-free for two years. He consulted a doctor this year about a return to professional football and was given the all-clear.

"The main thing with concussions is you have to be honest with yourself," he said. "I've known some guys who have come back before they're symptom-free and those are the guys who usually get re-injured right away."

THE CANADIAN PRESS

French Open

Sharapova sends home Stephens, reaches quarters

Defending champion Maria Sharapova returned to the French Open quarter-finals by beating 17th-seeded Sloane Stephens of the United States 6-4, 6-3 on Monday.

The second-seeded Sharapova handled Stephens' strong serve well, accumulating 12 break points and converting four.

In 2012, Sharapova completed a career Grand Slam at Roland Garros, adding that trophy to those from Wimbledon in 2004, the U.S. Open in 2006 and the Australian Open in 2008.

THE ASSOCIATED PRESS

Cancer battle

Ex-NFL QB Kelly heroic in face of cancer diagnosis

Jim Kelly intends to confront the cancer found in his upper jaw bone much like the Hall of Fame quarterback has approached many of the numerous challenges he's faced in life: head on.

Revealing on Monday that he's been diagnosed with squamous cell carcinoma, Kelly drew upon his family, faith and perseverance.

"You have challenges. You have to confront them head on. And this is just another one. I'm down at the bottom. But I will rise to the top again," Kelly said. "I am extremely confident in my road to recovery."

THE ASSOCIATED PRESS

Homegrown

"The Stampeders were really the only choice.... I just had a little girl. I wasn't about to leave town and leave them behind."

Offensive lineman Dan Federkeil, who is hoping to return to pro football after three years.

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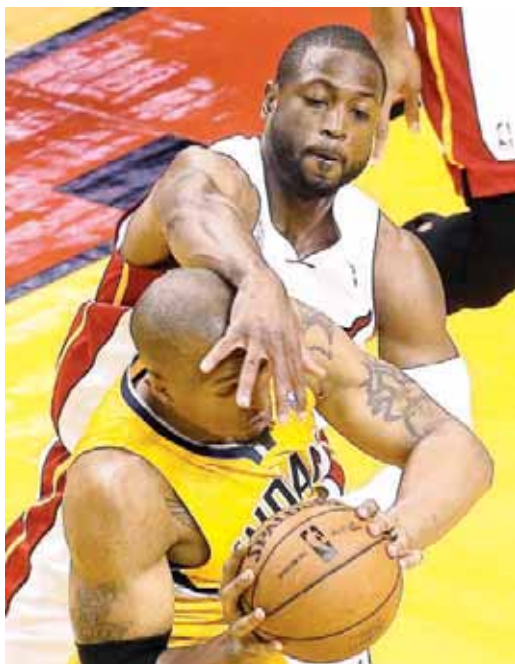
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Heat grab trip to finals

Heat shooting guard Dwyane Wade crowds Pacers forward David West during Game 7 of the NBA Eastern Conference final on Monday night in Miami. Wade had 21 points and nine rebounds and LeBron James had 32 points, eight rebounds and four assists as the Heat won 99-76 to set up an NBA finals matchup with the San Antonio Spurs.

WILFREDO LEE/THE ASSOCIATED PRESS

Pitt of despair: Pens fall behind 2-0 at home

NHL playoffs. Feisty Bruins winger Marchand leads Boston's march past Penguins in Game 2

The Boston Bruins keep talking about fortunate bounces and a dash of luck, insisting the margin between themselves and the Pittsburgh Penguins is thin.

At the moment, it looks like a chasm.

Brad Marchand scored twice during a four-goal first period and the Bruins routed the Pittsburgh 6-1 in Game 2 of the Eastern Conference finals on Monday night to take a 2-0 lead in the best-of-seven series.

"It doesn't matter what the series is at right now," Marchand said. "If they get the next one, they're right back in it. The next one is the one that's most important."

It's a phrase the top-seed



Boston's Brad Marchand scores a first-period goal on the Penguins' Tomas Vokoun on Monday night in Pittsburgh.

GENE J. PUSKAR/THE ASSOCIATED PRESS

Penguins repeated after losing Game 1 on Saturday night to fall behind in a series for the first time in the playoffs. The inspired play they needed never materialized.

Sidney Crosby and Evgeni Malkin were held scoreless for the second straight contest to send the NHL's highest-scoring team slouching to Boston for Game 3 on Wednesday with its

season on the line.

David Krejci, Nathan Horton, Patrice Bergeron and Johnny Boychuk also scored for Boston while Tuukka Rask stopped 26 shots. **THE ASSOCIATED PRESS**

NHL PLAYOFFS

CONFERENCE FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. BOSTON (4)

(Boston leads series 2-0)

Monday's result

Boston 6 Pittsburgh 1

Saturday's result

Boston 3 Pittsburgh 0

Wednesday's game

Pittsburgh at Boston, 8 p.m.

Friday's game

Pittsburgh at Boston, 8 p.m.

Sunday's game

x-Boston at Pittsburgh, 8 p.m.

Tuesday, June 11

x-Pittsburgh at Boston, TBD

Wednesday, June 12

x-Boston at Pittsburgh, TBD

WESTERN CONFERENCE

CHICAGO (1) VS. LOS ANGELES (5)

(Chicago leads series 2-0)

Sunday's result

Chicago 4 Los Angeles 2

Saturday's result

Chicago 2 Los Angeles 1

Tuesday's game

Chicago at Los Angeles, 9 p.m.

Thursday's game

Chicago at Los Angeles, 9 p.m.

Saturday's game

x-Los Angeles at Chicago, 8 p.m.

Monday, June 10

x-Chicago at Los Angeles, 9 p.m.

Wednesday, June 12

x-Los Angeles at Chicago, TBD

x — played only if necessary

NBA PLAYOFFS

CONFERENCE FINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS. INDIANA (3)

(Miami wins series 4-3)

Monday's result

Miami 99 Indiana 76

Saturday's result

Indiana 91 Miami 77

WESTERN CONFERENCE

SAN ANTONIO (2) VS. MEMPHIS (5)

(San Antonio wins 4-0)

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	35	23	.603	—
Baltimore	32	25	.561	2½
New York	32	25	.561	2½
Tampa Bay	31	25	.554	3
Toronto	24	33	.421	10½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	30	25	.545	—
Cleveland	30	27	.526	1
Minnesota	25	29	.463	4½
Chicago	24	30	.444	5½
Kansas City	23	31	.426	6½

WEST DIVISION

	W	L	Pct	GB
Texas	35	21	.625	—
Oakland	35	24	.593	1½
Los Angeles	25	32	.439	10½
Seattle	24	33	.421	11½
Houston	20	37	.351	15½

Monday's results

N.Y. Yankees 7 Cleveland 4

Houston at L.A. Angels

Chicago White Sox at Seattle

Sunday's results

Tampa Bay 11 Cleveland 3

Baltimore 4 Detroit 2

Minnesota 10 Seattle 0

Texas 3 Kansas City 1

Houston 5 L.A. Angels 4

Oakland 2 Chicago White Sox 0

Boston 3 N.Y. Yankees 0 (6 inn.)

Tuesday's games — All times Eastern

Cleveland (Kazmir 3-2) at N.Y. Yankees

(Phelps 3-3), 7:05 p.m.

Tampa Bay (Moore 8-0) at Detroit

(Sanchez 5-5), 7:08 p.m.

Texas (Grimm 5-3) at Boston (Dempster

2-6), 7:10 p.m.

Baltimore (Tillman 4-2) at Houston

(Harrell 4-6), 8:10 p.m.

Minnesota (Deduno 1-1) at Kansas City

(Mendoza 1-2), 8:10 p.m.

Chicago Cubs (Feldman 5-4) at L.A. Angels

(Weaver 1-1), 10:05 p.m.

Chicago White Sox (Peavy 6-3) at Seattle

(Hernandez 6-4), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	35	22	.614	—
Washington	28	29	.491	7
Philadelphia	28	30	.483	7½
New York	22	32	.407	11½
Miami	16	42	.276	19½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	38	19	.667	—
Cincinnati	36	22	.621	2½
Pittsburgh	35	23	.603	3½
Chicago	23	32	.418	14
Milwaukee	21	35	.375	16½

WEST DIVISION

	W	L	Pct	GB
Arizona	32	25	.561	—
San Francisco	30	27	.526	2
Colorado	30	28	.517	2½
San Diego	26	30	.464	5½
Los Angeles	23	32	.418	8

Monday's results

Philadelphia 7 Miami 2

Cincinnati 3 Colorado 0

Atlanta 7 Pittsburgh 2

Oakland 10 Milwaukee 2

St. Louis 7 Arizona 1

San Diego at L.A. Dodgers

Sunday's results

Miami 11 N.Y. Mets 6

Philadelphia 7 Milwaukee 5

Pittsburgh 5 Cincinnati 4 (11 inn.)

Atlanta 6 Washington 3

San Francisco 4 St. Louis 2

Arizona 8 Chicago Cubs 4

Colorado 7 L.A. Dodgers 2

Toronto 7 San Diego 4 (11 inn.)

Tuesday's games — All times Eastern

Miami (Nolasco 3-6) at Philadelphia

(Pettibone 3-1), 7:05 p.m.

N.Y. Mets (Hefner 1-5) at Washington

(Zimmermann 8-3), 7:05 p.m.

Colorado (Nicasio 4-2) at Cincinnati

(Bailey 3-4), 7:10 p.m.

Pittsburgh (Locke 5-1) at Atlanta (Minor

7-2), 7:10 p.m.

Oakland (Griffin 5-4) at Milwaukee (Lohse

1-6), 8:10 p.m.

Arizona (Skaggs 1-0) at St. Louis (Wacha

0-0), 8:15 p.m.

San Diego (Richard 1-5) at L.A. Dodgers

(Lilly 0-2), 10:10 p.m.

Toronto (Johnson 0-1) at San Francisco

(Lincecum 3-5), 10:15 p.m.

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Horoscopes

Aries

March 21 - April 20

Your head will rule your heart today, but in a good way. Facts and figures are of the utmost importance, so make sure you know what's going on and what it might mean to your long-term plans.

Taurus

April 21 - May 21

There are times when it all seems to come together and this is one of them. Today's Mercury-Saturn link will clarify what before may have seemed confusing.

Gemini

May 22 - June 21

This is potentially one of the best times of the year for you and the closer you get to Saturday's new moon, the more you will follow your instincts and the happier you will be. Have fun.

Cancer

June 22 - July 23

Something you visualize today can be more than just an idle daydream. It could turn out to be enjoyable and lucrative if you're motivated to make it happen. Get up and get to it.

Leo

July 24 - Aug. 23

You may not want to seem mean, but if you give loved ones everything they ask for today, you may have nothing left for yourself. And if you're not happy, how can those around you be happy?

Virgo

Aug. 24 - Sept. 23

Go out of your way to be nice to people today, even though they may not always be nice to you. Someone in a position of power will be impressed by your ability to get along.

Libra

Sept. 24 - Oct. 23

Something you see or hear over the next few days will open your mind to the fact that the world is a bigger and more interesting place than you thought. Now all you need are some bigger goals.

Scorpio

Oct. 24 - Nov. 22

You may be a no-nonsense Scorpio but there is a kinder side to your nature that only those who know you well get to see. Try letting a few more people in on the secret today.

Sagittarius

Nov. 23 - Dec. 21

You may think you can do it alone but life will be so much easier if you have others by your side. What you most need today is someone with the patience to handle negotiations and read the small print.

Capricorn

Dec. 22 - Jan. 20

Do what you think is right, even if everyone around you seems to think it is wrong. If you follow your conscience today, it's unlikely you will stray far from the righteous path.

Aquarius

Jan. 21 - Feb. 19

Over the next few days, the right thing will happen at just the right time and those fears that have been invading your thoughts will just fade away. The upcoming new moon will give your confidence a boost.

Pisces

Feb. 20 - March 20

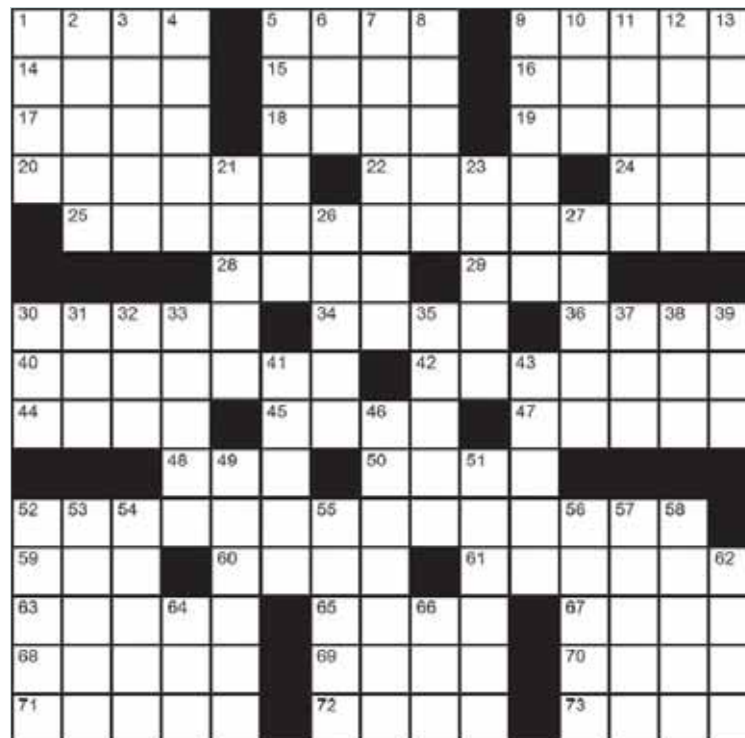
You don't have to give away all your worldly goods but you do have to do something to help people who are suffering in some way. Involve yourself in a bigger cause.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Bird for Hans Christian Andersen
5. Univ. teacher
9. Radiohead hit
14. Robin Cook's thrilling book
15. Since, to Robert Burns
16. TV feed's sound
17. In the crowd
18. Himalayas hairy humanoid
19. "Love, ___ O'er Me" by The Who
20. Early-'90s Canadian comedy series, "___ Mansion"
22. Like fine wine
24. Definite article
25. Aurora Borealis: 2 wds.
28. Arias, e.g.
29. Muck
30. Severus ___ (Character in 'Harry Potter' books)
34. Smidgen
36. Borscht ingredient
40. Keep ___ of the latest news
42. Set up
44. Gestures of affection for dogs
45. Bird beaks
47. Supplement: 2 wds.
48. Universal principle
50. Library verb
52. Gig for David Beckham: 2 wds.
59. For each
60. Manitoba community, ___ Lake



61. Tooth topping
63. Period
65. Seaport of Yemen
67. 6th Greek alphabet letter
68. Maiden name of Dixie Chicks member Emily Robison
69. Mr. Bridges
70. Mr. Stoltz

71. Edible seaweed
72. Biblical grandson
73. Unit of force

Down

1. Rip off
2. Shania Twain album: 'The ___ in Me'
3. ___ acid
4. Rock bottom

5. Hitchcock horror
6. Seedy sandwich selection
7. Toronto's locale
8. Fake
9. Fitness routine component
10. Ms. McClanahan
11. Ms. Wharton of books

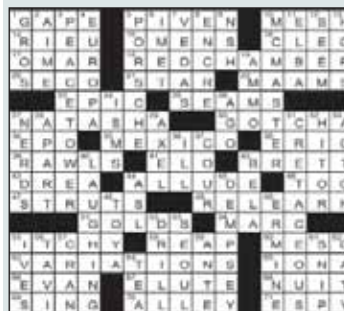
12. "___ Is Enough" (Old TV series)
13. Cornmeal breads
21. Sailor's status: 2 wds.
23. British composer of 'Pomp and Circumstance' marches, Sir Edward ___ (b.1857 - d.1934)

26. Upper crust
27. Spoil, as food: 2 wds.
30. Deplete, as energy
31. NFL, NHL ...and what else?
32. Mr. Linkletter
33. Plague, in Paris
35. Electroshock-er
37. "Howards ___" (1992)
38. Alter ___
39. British band, ___ Years After
41. ___ Owl
43. Inert gas
46. Manitoba city
49. Actress Ms. Dahl
51. Makes right
52. Hiked, as prices
53. Kind of jacket
54. Southern ___, as per accents
55. Related maternally
56. Groggy
57. Manicurist's tool, ___ board
58. Accept, as to a club: 2 wds.
62. Dainty fabric
64. Paris to Nicky, for short
66. Tokyo, formerly

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 18°
MIN: 6°

WEDNESDAY



MAX: 22°
MIN: 8°

THURSDAY



MAX: 17°
MIN: 12°



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